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Helpings Hands to restore holiday spirits

MADIHA TURSHIN, SOCIAL MEDIA INTERN



Donate online at <https://www.schcontario.ca/donate-now.html> or email Debra McGonegal at dmcgonagal@schcontario.ca for more details

Wishes for the holiday Help Restore Holiday Spirits!

The annual winter tradition is back! Due to the extraordinary challenging times the Scarborough community is experiencing this year, Wishes for the Holidays would like to make an even greater impact. We need your help to make that happen.

For more than 22 years, Wishes for the Holidays has supported over 24,300 households in Scarborough, by providing them with special holiday hampers. To continue this tradition, while still mindful of public health measures, families will get gift cards this year instead. We will be accepting cash donations, or \$50 gift cards from the following options: Scarborough Town Centre, Walmart and Presidents Choice. A \$50 donation will provide a gift

and holiday meal for one individual, \$250 will support a family of four.

As a sponsor, you'll help to ensure that families in need in Scarborough will have the same opportunity to make special memories and garner much needed hope during the holiday season.

Together with our donors, staff, clients and community, we can make this year's Wishes for the Holidays one to remember!



SCHC Website Stories



Randall Urcuyo

As a teenager, I hung out with the wrong people, in the wrong places, doing all the wrong things....[Read more](#)

Every month SCHC adds a story from our clients, volunteers or staff members.

Message from the CEO November 2020



CEO Jeanie Joaquin.

As the year comes to a close many of us are thankful. Thankful to see a year-end that has seen a global crisis, a health pandemic, affect us all. A year when the ugly face of racism came out of the shadows and attacked so cruelly and sadly.

We even see COVID

19 attack unequally, harder in marginalized and racialized communities. So I too am thankful to see 2020 come to an end, but with the hope that we are learning that we are coming together to address the injustices of health inequities in so many of our neighbourhoods of Scarborough.

Let's look at some of the things we are doing at SCHC to ensure health equity for all. We started by educating ourselves on the issues pertaining to the Black Lives Matters advocacy and how we can be a part of a system that fights for anti black racism. We are partnering with others in our community to understand and work to remove barriers that negatively affect the social determinants of health, including physical, mental, spiritual, physical

environments, income, employment, childhood experiences, gender, culture and race. We know that we cannot effect lasting change alone so we are committed to being a part of a permanent solution, part of a stronger, healthier community. In the New Year, we will be reaching out to our community to help us with this goal, to continue to educate, inform and guide us.

In the meantime, we continue to be here for our community. We continue to ensure safe access to our services during the COVID 19 pandemic are maintained and improved, and while we miss seeing many of you in person, we have learned to appreciate glimpses of each other 'virtually'.

As always your opinions matter to us, so I encourage you to reach out to us, visit us at www.schcontario.ca and let us know how we are doing and how we can do better.

While I am thankful to see 2020 come to an end, I want to end by also saying how thankful I am to be part of wonderful organization and community that inspires me to better every day.

Stay safe,
Jeanie

A handwritten signature in blue ink that reads "Jeanie Joaquin".

About Us

Scarborough Centre for Healthy Communities (SCHC) is one of the most established and comprehensive community health organizations in the province. The organization owes its beginnings in 1977 to thirteen community agencies, a core group of community leaders and countless volunteers who identified emerging health and social needs within Scarborough. We work with over 550 volunteers and 200 staff to offer 38 distinct and integrated services across 11 sites. In order to remain a client-centred, integrated, engaged and proactive organization, we have continued to work closely with our community members and foster partnerships that address pressing needs, setting new standards of excellence in community health.

We're On Social Media



@SCHCont



SCHCONT



@SCHCOntario

Mission Statement

SCHC is dedicated to meeting the diverse, holistic health needs of the communities of Scarborough by addressing the physical, mental, social, financial and environmental aspects of their health. Through the promotion of healthy lifestyles and the delivery of a comprehensive range of culturally competent health and social services, we cultivate vital and connected communities.

Vision Statement

To be recognized by our clients, communities and partners as leaders in championing holistic health and wellness for the diverse populations of Scarborough.

Volunteering is Good for your Health

JANE RUMLESKIE, SCHC VOLUNTEER BOARD MEMBER



Volunteering with SCHC has achieved my goal of learning more about my local community and learning more about healthcare in general

Hello all, my name is Jane Rumleskie and I am in my third year as a Board member with SCHC.

The contributions that SCHC makes to the Scarborough community are vast and necessary.

Last year I arranged to have my office participate in the SCHC Wishes for the Holidays program by sponsoring a family of nine. I was really touched by the amount of donations my work colleagues provided for the family. It reminded me of the importance of goodwill and how asking others to help often is greeted with good returns! My husband and I delivered the gifts

to the family personally. I was so happy to meet an incredible mother and some of her children who were so delighted and happy to receive the gifts! The mother gave me the best hug and gifted me with a lovely card that expressed her gratitude. The truth is, it was me who was grateful to be able to help add some joy to a family during the holidays. It is programs and initiatives like this that far extend beyond the regular benefits SCHC brings to its community.

For more of Jane's story go to: <https://www.schcontario.ca/blog/volunteering-the-best-way-to-learn-your-community>

Volunteers return to SCHC and new innovations

LORI BEESLEY, COORDINATOR OF VOLUNTEER ENGAGEMENT AND STUDENT PLACEMENT

In August of this year, we happily welcomed back some in-person volunteers to both our Meals on Wheel and Food Bank programs. We were eager to have them return and know our loyal and dedicated volunteers were looking forward to seeing both their regular clients and the SCHC staff they work alongside. To ensure their safety, every volunteer completed our new Covid-19 training by watching a 40 minute video, reading information about hand washing and proper mask

wearing, learning how to use the daily self-screening tool and signing a declaration on health indicator status.

We also introduced the **Time Tracker** application, developed in-house at SCHC, for volunteers to log their hours electronically. A big thank you to all our volunteers for continuing to support SCHC and helping us to report on their amazing service to the community!



VOLUNTEER HOURS

Diabetes Management is Hard but Don't Give Up

JANNY WAN, DIABETES EDUCATION DIETITIAN



Muheetha Ismath wants to share her success story of living with diabetes.

I am a mother of four children and came to Canada from Sri Lanka ten years ago. Four months ago, I went to the Emergency Room due to a knee injury and a blood test revealed that I have Type 2 diabetes. On top of being in a lot of knee pain, I felt shocked and confused and didn't know what to do about the diabetes. For three months, I had challenges communicating with my physician, who could only do telephone appointments during the pandemic. I found it hard to communicate over the phone due to the language barrier. Worse of all, the family doctor prescribed me with a very strict diet. I normally ate rice every day. With the diet prescribed I had to stop

eating rice, carrots, beet roots, juices, it was very hard for me. I also had to lose weight and stop eating sweets. I was so grateful when my family doctor referred me to the Diabetes Education Program at SCHC. I feel comfortable being able to "tell more and understand more" by speaking to a diabetes educator who speaks my language. I now clearly understand what I need to do to manage my diabetes. I want to encourage other people. *"It's very hard to make changes, especially in the first month, but it gets easier, so don't give up!"* I am proud that I lost 20 lbs and didn't need to go on diabetes medications by improving my lifestyle and not giving up.

Drive-thru model for the flu shot a success

NAILAH DUNCAN, REGISTERED NURSE

Toronto Public Health stresses that "it is important for everyone who can to get their flu shot this year. The flu vaccine will not protect you against COVID-19, but it will protect you from the flu or reduce the severity of illness from the flu. It will also prevent our health care system from being overwhelmed with additional patient visits, and it may even reduce the need for you to get tested for COVID-19, as the symptoms are very similar." (<https://www.toronto.ca/community-people/health-wellness-care/>)



[health-programs-advice/immunization/flu-influenza/](#)

The nurses at SCHC have been running outreach flu vaccine clinics for the past month. We have been able to reach over 600 people in the community who might not have received the vaccine

otherwise. In total we will complete 19 outreach clinics within the community. Our largest clinics were the drive-thru clinics at the Scarborough Chinese Alliance Church with over 300 people vaccinated. This initiative was created in order to provide quick access for the flu vaccine with a low exposure to people in the comfort of their vehicles. Many people welcomed this drive-thru model. It has been an amazing experience to be able to vaccinate and interact with people in our community.

Dare 2 Scare Newsletter

KAVINAJA SRISKANTHARAJAH



Halloween is usually spent wearing costumes, carving pumpkins, trick-or-treating, and telling scary stories. As you know, Halloween this year was anything but usual.

2020 has been a tough year, and with rules and regulations set due to the pandemic, and not being able to go trick-or-treating this year. We thought an online event would bring joy to many. On Friday, October 30th, 2020, Mind & Spirit Youth Leadership (MSYL) hosted a scary storytelling event with 40 community members in attendance. This was a first time experience for everyone, and was definitely a memorable one!

This event was a great opportunity for everyone to meet new people virtually. For previous Halloweens, MSYL would create a haunted house

in the community. As our circumstances changed, we adapted our haunted house to an online scary storytelling event. Planning this event took several weeks and many people's initiative and responsibility. From making posters and scripts to hand-picking storytellers, a lot of time and energy went into this occasion.

The event had a great atmosphere which included attendees, hosts, and volunteers dressing up in costumes, creepy theme music, and utilizing new technology with spooky Zoom virtual backgrounds. Gaining new experiences is something we can all benefit from. The Dare 2 Scare Halloween storytelling event was successful, fun, and an engaging experience for not only the audience, but the storytellers, volunteers, and the event planning team.

As we receive feedback on how the event went, we will do our best to improve and implement our community's ideas towards an event in the future. We would like to thank everyone who contributed to the event and we hope to see you all again at our next one! To stay updated on other events from MSYL, follow us on instagram @ekho416.

Annual Client Appreciation Event Benefits SCHC

DEBRA MCGONEGAL, DIRECTOR OF COMMUNICATION & DEVELOPMENT

Jill and her team are real estate agents in Scarborough. For their client appreciation event last year they hosted a Movie Morning but couldn't repeat that because of the pandemic. In its place, Jill's team hosting a Halloween drive-by for our clients with young kids. Clients could decorate their cars, dress up and drive by to pick up a Halloween treat bucket. They also asked clients to considering making a donation to the SCHC food bank which was matched by their team. Thank you Jill and team for your support of your community!



COVID-19 COMMUNITY SUPPORT

By Scarborough Ontario Health Team (SOHT)

COVID-19 has made these last months difficult for everyone. There is help available. If you, or someone you know, needs additional community supports, you can make a referral by calling the Community Support Services (CSS) central intake line:

416-736-9372 or

1-888-834-8776

Monday to Friday from 8:30am to 4:30pm.

Your call will be directed to an agency that will be able to assist you with the services you need.

SERVICES AVAILABLE:

- **Respite Care/Personal Support**
- **Transportation to medical appointments**
- **Grocery Shopping Medication Delivery**
- **Case Management/Care Coordination**
- **Meals on Wheels**
- **Food banks and clothing banks**

PLEASE NOTE:

Some fees for service may apply. Some services are also available in other languages.

OTHER RESOURCES:

Telehealth Ontario

Call if you develop symptoms.
Telephone: 1-866-797-0000

Toronto Public Health Hotline

8:30 a.m. – 8 p.m.
Call if you have questions about COVID-19. Translation is available in multiple languages.
Telephone: 416-338-7600
TTY: 416-392-0658
Email: PublicHealth@toronto.ca

311 Toronto

Toronto Outside City limits:
Call if you have questions about City services.
Telephone: 311 or 416-392-2489
TTY: 416-338-0889
Email: 311@toronto.ca

211

211 is a helpline and online database of Ontario's community and social services 24 hours a day, 7 days a week, in over 150 languages.
Website: 211ontario.ca



SCARBOROUGH
CENTRE FOR
HEALTHY
COMMUNITIES

LEARN THE DIFFERENCE CORONAVIRUS VS COLD VS FLU

#ScarboroughVSFlu

Symptoms	Coronavirus <i>(Symptoms range from mild to severe)</i>	Cold <i>(Gradual onset of symptoms)</i>	Flu <i>(Abrupt onset of symptoms)</i>
Shortness of breath 	Sometimes	No	No
Fever 	Common	Rare	Common
Headache 	Sometimes	Rare	Common
Fatigue 	Sometimes	Sometimes	Common
Diarreha 	Rare	No	Sometimes (for children)
Cough 	Common (usually dry)	Mild	Common (usually dry)
Sore Throat 	Sometimes	Common	Sometimes
Sneezing 	No	Common	No
Runny or Stuffy nose 	Rare	Common	Sometimes
Aches and Pains 	Sometimes	Common	Common

CULTR Kitchen: A Global Cuisine Right to Your Screen

TAGAN MANI, MARKETING AND COMMUNICATIONS ASSISTANT



Pictured is an entirely vegetarian dish popular in India. This plate features theplas (also known as parathas and predominately made from whole wheat), Khichadi (moong dal rice) with mango pickled chutney and yogurt on the side.

Nothing brings people together like Food. Fortunately, a webinar series has done that by bringing people of various ethnic backgrounds together. CULTR is an acronym for Cooking Up Local Tasty Recipes, features home-chefs preparing food, virtually, right from their own kitchens. Recipes with influences from Iran, Nigeria, Kenya, India, Jordan, Philippines, China, Peru, Poland, and Russia respectively were adaptable to all dietary needs.

The eight week program commenced in early September 2020 following a COVID-19 Needs Assessment. This inclusive food series aims to tackle food insecurity in Scarborough by providing a platform for and showcasing cooking tips & skills, budget friendly, easily found ingredients and culturally appropriate recipes, with incentives to cook on a budget.

Honorariums for the Guest Home-Chefs is one way we are trying to appreciate and support people during this global pandemic. Weekly contests encourage participants to make the featured recipes and share photos of their creation to be eligible to win a gift cards.

CULTR Kitchen is described as “feeling invited and welcomed into someone’s home” with 40 + registered participants and weekly Guest Chefs building a sense of community as they learn from and support one another, share stories and rich history around the food prepared.

CULTR Kitchen will be back in January 2021, but in the meantime stay tuned to our YouTube channel for upcoming videos and catch up on past recipes at <https://www.schcontario.ca/cultrkitchen.html>

For more information and to register, contact Domi at dsiem@schcontario.ca or 416-419-2766



Jollof Rice is a tasty dish from Nigeria that welcomes creative pairing and customization. With the mix of tomatoes, peppers, and curry powder to say the least, there is a lot of flavour that comes with this rice. As you can see here, the Jollof Rice is paired with chicken, fried plantain, and peppers.